



# Info X



**VICENZA**  
Military Community

**5 March 2014, 1000 – 1200 hours, The Arena, Caserma Ederle**



## Info X

# Agenda

- ❖ Introduction/Master of Ceremony – Public Affairs Office
- ❖ Women's History Month Kickoff
- ❖ Hot Topic(s)
- ❖ Recognitions
- ❖ Community Updates
- ❖ Open Forum
- ❖ POC: Robin Gonzales, DFMWR, DSN 634-5087,  
email: [alfredo.z.gonzales2.naf@mail.mil](mailto:alfredo.z.gonzales2.naf@mail.mil)
- ❖ Next Info X 2 April 2014, 1000 – 1130 hours,  
The Arena, Caserma Ederle



## Info X

# Women's History Month

(1 March – 31 March 2014)

Main Event: 13 March 2014  
1000-1100 Multi Purpose Facility, Del Din

SFC Washington, Thomas  
USAG Vicenza EO Advisor



## **Info X**

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# **Hot Topics**

**Child Abuse Prevention Month**

**Spring Safety**

**Postal Issues**

**Health of the Force**

**MWR Events**

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## Info X

# Child Abuse Prevention Month

“Children’s Safety Comes First – Be Ready to End Child Abuse”

Heather Carlson  
FAP Parent/Child Educator



## Info X

- Every year, there are over **3 million** reports of child abuse involving more than **6 million** children.
- A report is made every **10 seconds**.
- Child abuse occurs at every socioeconomic level, across cultural and ethnic lines, within all religions and at all levels of education.
- Almost **75%** of child abuse cases are neglect.

Source: Childhelp <http://www.childhelp.org/pages/statistics>



## Info X

### **Family Advocacy Promotes Healthy Family Relationships in Support of Child Abuse Prevention Month**

Youth Art Contest – 17 MAR – 24 MAR

Opening Event – 1 APR, 1630-1730, Villaggio 703

Parent/Child Class “Fill Your Toolbox” – 3 APR, 1500-1600, VES

ScreamFree Parenting – 15 APR, 0900-1600, ACS - Davis Hall

“Freeze Out Child Abuse” Ice Cream Social – 16 APR, 1500-1700, ACS - Davis Hall

Youth Yoga – 28 APR, 1500-1600, ACS - Davis Hall

Cooking Club – 28 APR, 1600-1700, ACS - Davis Hall

Library Display

AFN Spots in April



## Info X

“Children’s Safety Comes First – Be Ready to  
End Child Abuse”

For information on Parenting Contact The Family Advocacy Program  
New Parent Support Program

DSN: **634-7567/6020**

Parent/Child Education

DSN: **634-6202**

Report to the Military Police

DSN: **634-SAFE (7233)**

COMM: **0444-71-7233**





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# Spring Safety

Ms Anna Fitzgerald  
USAG Safety Officer



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# SPRING SAFETY

## WINTER REMINDER

Anna Fitzgerald  
GARRISON SAFETY  
SPECIALIST





# Info X

## 2014 Army Safe Spring Campaign - 01 March thru 23 May, 2014

	Home Safety		PMV-2 (Motorcycle)		General
	Distracted Driving		Electrical Safety		PMV-4 (Sedan/Truck)
			Sports and Recreation		

Maintain Risk Posture Whatever your Endeavor!!!

Handouts available at the Safety Office  
Building 28  
DSN 634-7045, 634-8023, 634-8109

Winter Reminder ... Not over yet!

<https://safety.army.mil/groundsafety/>



## Info X

- **GOV/PMV 2/4/ Driving Safety** – MSF courses, Be Safe/Be Seen, mechanical condition of vehicle, increase in 2 wheeled traffic, Pedestrians, Restraint devices, ... Have a Plan!
- **Home Safety** - Lawn mowers, weed wackers, PPE, cleaning windows, ladders. Villagio housing has a mower, weed wacker, or edger... PPE!
- **Sports** – Warm-up, proper PPE, changes in weather.
- **Weather** – Storms, lightening, rain, floods.
- **Electrical Safety** – Check extension cords, outside receptacles, daisy chained cords, equipment not used since last fall ... Don't forget Smoke Detectors and Fire Extinguishers!
- **General Safety** - Swim in only approved areas, lifeguard present... know how to swim!
- **Leave and travel** - Across Europe, US... Check the weather, plan return trip, restraint devices, fatigue and time change.
- **Grilling** - Wrought with peril ... Fires, Charcoal Lighter, Kids, and Pets.

Don't forget Winter Safety ... maintain Risk Posture!!!!



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# Postal Service Center

Lonnie Heuer  
Acting Postmaster, PSC Ederle



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### **Things to know about your Postal Service Center**

- Personal Businesses are prohibited in the APO stream
- PSC only handles mail after it arrives
- British Airways Contract – Basic Transit Time vs. Registered Mail
- Mail boxes and dependents / ID requirements
- TrackPad system: email notification, tracking parcels
- Mail Returned to Sender
- Restricted/Prohibited Items and Priority Postage Material Usage
- <http://www.usag.vicenza.army.mil/sites/local/postal.asp>



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### **Postal Service Center Hours of Operation**

All postal services to include official mail, except registered mail.

M, W - F 10:00 A.M. - 5:30 P.M.

Tuesdays opens at 11:30 AM

#### **Registered Mail**

Closed for Lunch -1:00 PM - 2:00 PM, closes at 5:00 P.M.

The PSC is Closed to customer service on federal holidays.

Appointments available for 5+ parcels.



## Info X

# Strength & Conditioning / Sports Fitness & Aquatics

John Hamilton  
Strength & Conditioning Coach  
Family & MWR

[John.s.hamilton28.naf@mail.mil](mailto:John.s.hamilton28.naf@mail.mil)

634-7616





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**Smart Safe Effective**

## Strength & Conditioning Workshops

Circuit Training/M.E.F.
Strength Training
Power Lifting/Olympic lifts Basics
Kettlebells/ TRX
Plyometrics 101

- All Strength & Conditioning Workshops are available by appointment only
- Classes size 15 – 20 participant
- Part of the MEF Train the Trainer Program

## Mission Essential Fitness Classes

<b>Monday</b>	5:30 pm	Ederle Fitness Center
<b>Wednesday</b>	5:30 pm	Luna Bubble

- M.E.F. Classes available to everyone



SPORTS • FITNESS • AQUATICS

[www.vicenza.armymwr.com](http://www.vicenza.armymwr.com)



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[www.vicenza.armymwr.com](http://www.vicenza.armymwr.com)

## AQUATICS

<b>Lifeguard Course</b>	30 Mar - 4 Apr
<b>Lifeguard Course</b>	14 Apr - 18 Apr

## Athletic Battle Series

<b>Super Sport Super Sprint Triathlon</b>	19-Apr
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## Fitness Classes

Yoga	Zumba	M.E.F.	Cycling	Pilates	And More
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<b>SPORTS</b>	<b>Clinic Dates</b>	<b>Registration Starts</b>	<b>Entry by</b>	<b>Coaches Meeting</b>	<b>Season Date</b>	<b>USAG-V Championship</b>
<b>Volleyball</b>	Done	Done	Done	Done	18 Feb - 18 Apr	25-26 Apr
<b>Soccer</b>	Done	Done	Done	4 Mar	11 Mar - 11 May	16-17May
<b>Softball</b>	8-12 Apr	19 Mar	20 Apr	22 Apr	5 May - 10 Jul	TBD

\*Dates are subject to change for more information contact:

- Ederle Fitness Center at 634-7161
- Del Din Fitness Center at 637-2705
- [www.vicenza.armymwr.com](http://www.vicenza.armymwr.com)



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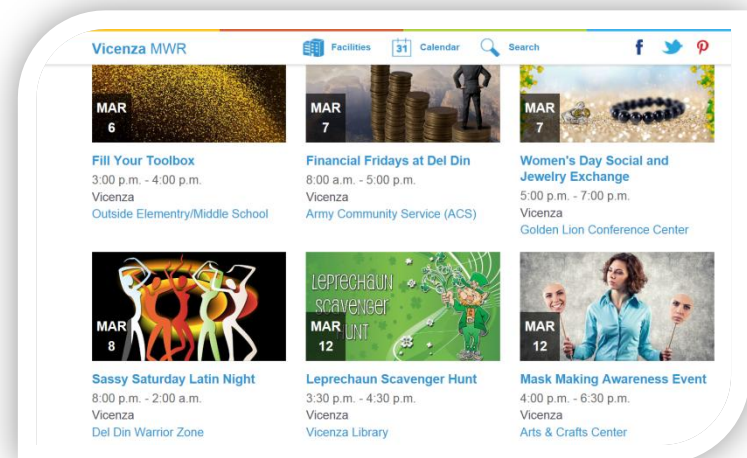
# MWR Events

Mr Christopher Bradford  
Director, FMWR



# Info X

- Women's Day Social & Jewelry Exchange | March 7, 17:00
- Leprechaun Scavenger Hunt @ the Library | March 12, 15:30
- Rocking St. Patrick's Day Party @ the Arena | March 13, 21:30
- "Sweet Charity" Broadway Musical | Runs: March 14-30
- Rob Lake's Illusionist Show @ the Golden Lion | 31 March, 17:30



Vicenza Family and MWR

[www.vicenza.armyMWR.com](http://www.vicenza.armyMWR.com)





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# **RECOGNITIONS**



## Info X

# Dale Tiner

## Nominated by CYSS Sports & Fitness

### Adult Outstanding Community Volunteer for February

Dale is a phenomenal volunteer for the CYSS Sports & Fitness program. Whenever there is a shortage of coaches or officials, we can rely on "Old Reliable", SGT Tiner. This basketball season has been a prime example of his dedication and commitment to our program. When there was a need for the Bambino age division (3-5 year olds) coach, he stepped up for the challenge. When we needed an official for the older divisions, without hesitation he accepted the task. For the past year, Dale has repeatedly been there for our program and he continues to support in so many capacities. Dale is an outstanding volunteer and continually gives back to the youth of the sports program.



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## **Logan Jackson**

### **Nominated by CYSS Sports and Fitness**

#### **Youth Outstanding Community Volunteer for February**

While most 8-year-old kids are thinking about after-school activities, video games, and sleeping in late, Logan Jackson is waking his parents early on Saturday morning so he can volunteer with the CYSS Sports Program. Not only does Logan participate in the sports program but he is an avid volunteer. Logan is always busy rounding up balls, controlling soccer substitutions, performing crowd control, helping sweep the gym floors or whatever the task may be. Since Logan has been volunteering, he has become an Honorary Employee, so his name tag reflects "The Boss". The staff and coaches want him to know how much he means to the program.



## Info X

# Community News – Service Providers

- ❖ DES
- ❖ DFMWR
- ❖ DPW
- ❖ DHR
- ❖ DOL
- ❖ DPTMS
- ❖ AAFES
- ❖ DoDEA
- ❖ Religious Support Office
- ❖ Installation Safety Office
- ❖ EEO
- ❖ 509<sup>th</sup> SIG BN
- ❖ HRO
- ❖ AFN
- ❖ Health Center
- ❖ Dental Clinic
- ❖ Italy Finance Office
- ❖ Installation Legal Office
- ❖ American Red Cross
- ❖ Health Promotion
- ❖ DECA
- ❖ USO
- ❖ PAO
- ❖ IG





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**IMPORTANT**

# Overseas Housing Allowances (OHA)

**Survey**  
**LEWIS SMITH**

**Chief Housing Division, USAG Vicenza**



# Info X

**Italy Wide Overseas Housing allowance (OHA) Survey 24 March through 23 April 2014**

**Survey is performed on line and will establish new utility recurring expenses portion of the OHA.**

**All military personnel residing in Private rental housing need to submit survey.**

- Renters only, not homeowners or sharers**
- Must have resided at least six months in rental housing**

**Takes approximately 20-30 minutes to complete and personnel can save data and return later to complete.**

**Spouses may complete the survey on behalf of the service member and can be completed from homes.**

**Information to be submitted includes all utility and recurring maintenance costs so have these ready so you can average out the costs when you do your submittal.**

**Handouts with instructions on how to submit are available and the site lists POC tel#'s**

**Survey site is: <https://www.defensetravel.dod.mil/site/oha-util-midmar.cfm>**

**Low participation could result in reduced allowances - PARTICIPATE**



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### **Brain Injury Awareness Week** **March 10-16, 2014**

Join us for a panel discussion with Soldiers affected by TBI followed by a Q & A session with the TBI experts

**WHEN/WHERE:** 15:00-16:30

Monday, March 10 Post Theater, Caserma Ederle

Thursday, March 13 Multi-Purpose Facility, Del Din



## Info X

# “Festa della Donna”

5 KM Ladies Day Run/Walk  
(but men are welcome too)

8 March 2014  
Start: 0900



Cost: \$5.00  
Ederle Track  
Near Arena



Registration: 0800-0845

(participants get a mimosa branch)

Sponsored by the Vicenza Sergeants Major Association





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# Open Forum

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# **InfoX Schedule**

**Wednesday, 02 April 2014**

**Wednesday, 07 May 2014**

**Wednesday, 04 June 2014**